

How to Make Almond Milk (Better than Store-Bought!)

Prep Time

10 mins

Total Time

10 mins

This easy Almond Milk recipe is made with just 2 ingredients, and is ready in 10 minutes or less! It tastes SO MUCH BETTER than the store-bought kind, without preservatives or added sugar.

Course: Drinks

Cuisine: American

Keyword: almond milk, almonds

Servings: 4 cups

Calories: 112 kcal

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Ingredients

1 cup almonds , soaked in water for 4-6 hours

4 cups filtered water

Instructions

Drain the soaked almonds and rinse them well. (Discard the soaking water.) Combine all of the almonds and fresh water in a blender, and blend the almonds have broken down and the milk looks creamy.

Strain the almond milk through a nut-milk bag or cheese cloth, squeezing well to extract the extra liquid. You can save the remaining almond pulp for another recipe, or discard.

Store the almond milk in an airtight container in the fridge for up to 4 days. (You

can freeze leftovers, if needed, for up to 3 months, too!)

Recipe Notes

For an extra-special treat, try adding 1 tablespoon of coconut oil, 1 tablespoon of vanilla, and 2 tablespoons of maple syrup or 2 pitted dates to the mixture before blending. The resulting almond milk is extra-creamy, sweet, and irresistible!

Per cup: Calories: 112, Fat: 9g, Carbohydrates: 4g, Fiber: 1g, Protein: 4g

Recipe Notes:

If you don't care for almonds, you can use any other nut or seed with similar results using this method. Try my Homemade Hemp Milk recipe or Oat Milk for a nut-free & dairy-free milk.

For a sweetened almond milk, try adding up to 4 dates for the batch, then strain as directed.

For a flavored almond milk, feel free to add a splash of vanilla extract for a vanilla milk, or 1 to 2 tablespoons of cacao powder for a chocolate milk. (Sweeten with dates or maple syrup, to taste.)

If you'd prefer NOT to strain your almond milk, try my Almond Milk recipe using almond butter instead.